

# 2016 GROUP FITNESS SCHEDULE: March 28 - May 29

All classes require either a Group Fitness pass, trial pass or separate registration. *Classes denoted with a (\*) require additional fees and registration.*  
 Check the DCRC brochure or [www.dublinohioUSA.gov](http://www.dublinohioUSA.gov) for descriptions, schedules and fees. Most classes take place in fitness studio(1),studio(2)or classroom (C).

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:40a	Step - Beth(1) Spinning 55 - Ann Y(2)	Total Toning - Ann D(1)	20/20/20 - Beth(1) Spinning 55 - Lauren(2)	Barbell - Mollie(1)	CardioChallenge - Beth(1) Spinning 55 - Stacey(2)	8:15-9:10am Barbell - Kara(1)	
7:30-8:25a	PowerSculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	Step & Sculpt - Suzanne(1)	Core&Stretch - Suzanne(1)	PowerSculpt - Suzanne(1)	8:30-9:30am Spinning 60 - Lori(2)	8:30-9:30am Spinning 60 - Kim(2)
8:30-9:25a	Cardio/Sculpt- Suzanne(1) *Pilates IN/AD - Andrea(2)	Barbell - Ann(1)	PowerSculpt - Suzanne(1) *Pilates Beg- Carol(2)	Barbell -Sally (1)	Cardio/Sculpt-Suzanne(1) *Pilates IN - Carol(2)	9:15-10:15am Zumba- Colleen(1)	9 - 10am Barbell- Vicki(1) Starts 4/10
9:30-10:25a	Kick&Sculpt-Sara(1) *Pilates Int - Andrea(2) PowerSculpt - Suzanne(C)	Total Body - Shelley(1) Spinning 55 - Stacey(2)	Zumba-Hilary(1) *Pilates IN/AD - Carol(2 ) *Mat/TR X - Andrea(C)	Tabata & Abs-Shelley(1) Spinning 55-Ann Y(2)	REFIT(dance fit) - Jen(1) *Pilates AD - Carol(2)	10-10:55am *Pilates INT - Andrea(2)	
10:35 - 11:30a		*Hatha Yoga -Leslie(1)	*Pilates INT - Carol(2)	*Hatha Yoga - Leslie(1)	Barbell - Sally(1) *Pilates BEG - Carol(2)	10:30-11:30am Total Body - Renee(1)	
10:45 - 11:45a	*Functional Fitness- Sally(1) *Pilates BEG - Julie(2)	*Strength & Stretch - Sally(2)	*Senior Yoga - Pat(1)	*Functional Fitness - Sally(2)			
11:45a- 12:45p							
12-12:55p	Zumba - Hilary(1) Spinning 45 -Julie(2) Tabata45 - Elizabeth(C)	Butts & Guts45- Sally(2)	Barbell - Sally(1) Spinning 45 -Julie(2)	Zumba - Shelley(1)	Barbell - Ann (1)		11:45 - 1:45p *Line Dance BEG (1)
	1 - 3pm *Shamrockettes(2 )				1:05 - 3:05pm *Line Dancing (1)		
	2:30-3:30p *Yoga in the Afternoon(1)						2:00-3:30p *Line Dance INT (1)
4:30-5:25p	Barbell - Kim(1)	*PilatesINT - Andrea(2)					5:00-6:00pm DanceBlast - Sonia(1)
5:30-6:25p	PowerSculpt-Suzanne(1)	Step & Barbell - Kara(1) *Pilates I/A - Andrea(2)	PowerSculpt - Suzanne(1) Spin & Abs - Kim(2)	Total Body - Maria(1) *Pilates IN- Carol(2)	Zumba - Cindy (1)		
6:30-7:25p	Zumba - Vicki(1) *Pilates INT-Suzanne (2)	*Hatha Yoga -Leslie(1)	Zumba - Colleen (1) 6:45 - 7:30: Spin 45 - Abby(2)	*Hatha Yoga- Leslie(1) *Barre - Carol(C)			
7:35-8:30p	*Power Flow Yoga - Loretta(1)		Total Body - Renee(1)	*Karate(1)			
7:45-8:30p	Spinning 45 - Lori(2)	*Karate(1)		Spinning 45 - Lori(2)			

<b>Group Exercise Class Descriptions:</b>	
<b>Group Fitness Classes: All Classes require either a Group Fitness pass, trial pass or separate class registration.</b>	
Barbell	A strength building class designed to work each major muscle group using barbells and plates set to motivating music.
Belly Dance Fitness	Come try this dance fitness class using belly dancing moves to give your core and other muscles a fun and challenging workout!
Butts & Guts	A 45 minute workout to target the core and glutes.
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating!
Cardio/Sculpt	A variety of equipment (step, Jump rope, BOSU, Ball etc) add to the fun of blending cardio, strength and core training.
Core & Stretch	A great combination of core exercises for your abs and Yoga stretches and poses.
Dance Blast	Blast away calories while you have fun dancing to high energy music! A great way to end your week- or start a new one!
Kick & Sculpt	Kickboxing & dance moves set to high energy music followed up with sculpting/ab exercises.
PowerSculpt	Tone-up and build muscle through this no-impact strength program using a variety of equipment (ex: weights, bars, balls, tubes)
REFIT(dance fit)	An exhilarating dance fitness class with rockin' rhythms and heart pumping cardio, toning, flexibility and stretching. Any fitness level welcome!
Step	A classic, high intensity cardio class using a Step platform and great choreography.
Step & Barbell	This half and half class will use the step for your cardio and finish up with strength building using the Barbells and plates.
Step & Sculpt	In this class you will get some cardio training using the Step platform and finish with sculpting exercises to tone up and build muscle.
Tabata 45	A 45 minute physically intense class using Tabata techniques (20 seconds of work, 10 seconds of rest ) to challenge you entire body!
Tabata & Abs	A Tabata workout finishing with a ab and core work for a total of 55 minutes.
Total Body	Challenge yourself with this athletic based cardio & strength class.
Total Toning	Sculpt your body from head to toe using a variety of body weight and strengthening exercises.
20/20/20	Mix it up with 20 min. of Step/Bosu, 20 min.of Kickboxing and 20 min.of sculpting/abs.
Zumba	This dance fitness class uses Latin and international rhythms to get you moving and smiling as you get in shape!
<b>Spinning classes: Please bring water and a towel to class. New Spinning participants should arrive 5-10 minutes before class time to get oriented to the bike.</b>	
Spinning (45, 55, 60)	A 45 - 60 minute calorie-burning indoor cycling workout completed with cool down and stretching.
Spin & Abs	A 40 minute Spin workout followed up with 15 minutes of ab exercises and a stretch.
<b><i>Classes with (*) require special registration and Fees. Check the DCRC brochure or <a href="http://www.dublinohiousa.gov">www.dublinohiousa.gov</a> for information.</i></b>	
<i>*Barre workout</i>	Using movements from ballet and dance, sculpt your body and firm up.
<i>*Dance Party Boot Camp</i>	Burn calories doing fun dance routines set to the latest music, add in some muscle building exercises and finish with abs and a stretch.
<i>*Functional Fitness</i>	A low impact class to improve cardio vascular health and increase muscle.
<i>*Hatha Yoga</i>	Increase mind/body awareness and improve overall well being in this Yoga class.
<i>*Pilates (BEG, INT &amp; ADV)</i>	Using the reformer machine, strengthen and lengthen your muscles while improving core strength.
<i>*Senior Yoga</i>	A relaxing Yoga class geared especially for those 50 and up.
<i>* Power Flow Yoga</i>	Explore challenging yoga poses that flow from one to the next to release tension and build strength.

**Special Notes:** The classes at the DCRC are designed to be safe and challenging. Please remember these guidelines:

You will not be permitted to enter class more than 10 minutes after the class start time. It places your safety at risk and is disruptive to others if you come in late or leave early.

If you are new to any class, especially Spinning, please arrive 5-10 minutes early. Bring water to every class, a towel is also needed for Spinning classes.

Class schedules are strongly based on attendance. Any class that falls below 8 participants 4 weeks in a row may be removed from the schedule.